



Ways to Give Drugs the Brush-off

THE TECHNIQUE

WHAT TO SAY

A Simple No

Don't make it a big deal. Be Polite

No, thanks

Tell It Like It Is

Be yourself and say it in a language that you're comfortable with.

No, thanks. I don't drink or I don't do drugs.

Give an Excuse

People make excuses all the time.

I have to meet my friend or I'll get kicked off the team.

Change the Subject

This can distract people.

No, thanks. Hey - did you see the game last night?

Walk Away or Leave the Situation

It's common at parties to have a brief interaction, then wander off or leave entirely.

Say no, then walk to another group.

The Broken Record

Give one reason, then repeat the reason, but don't debate or argue - it doesn't help.

No, thanks - it makes me sick.